

UNCLE SAM SHOWS PROPER WAYS TO CARE FOR AND USE MILK

BY THE U. S. DEPARTMENT OF AGRICULTURE

Whole milk, skim milk and butter-milk are highly nourishing and valuable foods.

These foods spoil quickly when allowed to get warm or when exposed to bacteria and molds present in the dust and the air.

Keep milk continuously clean, cold and covered.

This injunction applies equally to the producer, the wholesaler, the dealer and the consumer.

Unclean milk sent from the farm sours and spoils more quickly than clean milk. Pasteurization makes milk safer.

Milk, to keep properly, should never get warmer than 50 degrees Fahrenheit until it is consumed. The lower the temperature the better the milk will keep.

Bacteria such as those which cause milk to sour develop very slowly and cause little change in milk kept at such low temperatures.

A slight rise in temperature, even for a short time, permits these bacteria to multiply rapidly and bring about rapid deterioration of the milk, which may render it unfit for ordinary use.

Have the milkman put your milk into the refrigerator. If this is impossible, provide, in warm weather, a box with ice or a bucket of water in a shady place, for the milk.

At any rate have the bottles left in the coolest and shadiest place about your premises.

Don't leave milk in bottles or vessels in a warm room for a moment longer than is necessary.

Never pour milk which has been exposed to the air back into a bottle containing other milk. Keep such milk cold and covered in another clean utensil.

Keep milk clean.

Milk, when warm, is an ideal cultural medium for bacteria. Keep milk clean. You can keep it clean only by keeping it covered so that the bacteria and molds from the air will not get into it.

Keep your milk bottles covered either with caps or by placing glasses over them. Keep them covered in the refrigerator and in the kitchen or dining room.

Never pour milk into an unsterile bowl or pitcher. Scald all vessels into which milk is poured for keeping or serving. Cool these utensils after scalding, before you put milk into them.

Before you open a bottle of milk wash and wipe the outside of the cap with water and a clean cloth. The little depression at the top of the bottle collects dust or water or milk, which may attract flies. Lift out the cap with a pointed instrument, so that the outside of the cap, which may be contaminated, will not be pushed down into the milk.

Clean and scald the refrigerator where milk is stored, regularly with hot sal-soda solution. See that the drip pipe is kept open and clean.

Even in the cleanest refrigerator, never keep milk in an open vessel. Milk absorbs odors easily.

Don't throw out skim milk or sour milk.

Clean skim milk is a valuable food, containing all the nourishing elements of whole milk except the fat or cream. It is useful in cooking cereals, soups, sauces, cocoa, etc., and is a palatable, nourishing beverage.

Sour milk and buttermilk can be used with soda in making hot breads or sour milk can be easily turned into cottage cheese or clabber. Sour cream is a good shortening for cakes and cookies.

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The Kaiser may hang himself yet on the Von Hindenburg line.